



This is a digital copy of a book that was preserved for generations on library shelves before it was carefully scanned by Google as part of a project to make the world's books discoverable online.

It has survived long enough for the copyright to expire and the book to enter the public domain. A public domain book is one that was never subject to copyright or whose legal copyright term has expired. Whether a book is in the public domain may vary country to country. Public domain books are our gateways to the past, representing a wealth of history, culture and knowledge that's often difficult to discover.

Marks, notations and other marginalia present in the original volume will appear in this file - a reminder of this book's long journey from the publisher to a library and finally to you.

Usage guidelines

Google is proud to partner with libraries to digitize public domain materials and make them widely accessible. Public domain books belong to the public and we are merely their custodians. Nevertheless, this work is expensive, so in order to keep providing this resource, we have taken steps to prevent abuse by commercial parties, including placing technical restrictions on automated querying.

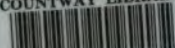
We also ask that you:

- + *Make non-commercial use of the files* We designed Google Book Search for use by individuals, and we request that you use these files for personal, non-commercial purposes.
- + *Refrain from automated querying* Do not send automated queries of any sort to Google's system: If you are conducting research on machine translation, optical character recognition or other areas where access to a large amount of text is helpful, please contact us. We encourage the use of public domain materials for these purposes and may be able to help.
- + *Maintain attribution* The Google "watermark" you see on each file is essential for informing people about this project and helping them find additional materials through Google Book Search. Please do not remove it.
- + *Keep it legal* Whatever your use, remember that you are responsible for ensuring that what you are doing is legal. Do not assume that just because we believe a book is in the public domain for users in the United States, that the work is also in the public domain for users in other countries. Whether a book is still in copyright varies from country to country, and we can't offer guidance on whether any specific use of any specific book is allowed. Please do not assume that a book's appearance in Google Book Search means it can be used in any manner anywhere in the world. Copyright infringement liability can be quite severe.

About Google Book Search

Google's mission is to organize the world's information and to make it universally accessible and useful. Google Book Search helps readers discover the world's books while helping authors and publishers reach new audiences. You can search through the full text of this book on the web at <http://books.google.com/>

COUNTWAY LIBRARY



HC 2JLJ 4

How to Keep Well and Live Long

From the Standpoint of the New Philosophy
accompanying
The Educational Charts for the
Prevention of Disease

-75

THIS BOOK

is the property of

DR. C. M. Keller

518 West Bank Bldg

Wash. D. C.

and is loaned to you that you may acquaint yourself with a few of the facts pertaining to the human body both in health and disease.

This book is loaned to you for two weeks only; anyone wishing to re-loan it to a friend or neighbor, may have the time extended by 'phone or card. Otherwise it must be returned in two weeks.

Copy No. 9

Phone W. 2139

How to Keep Well

AND

Live Long

From the Standpoint of the New Philosophy

ACCOMPANYING

The Educational Charts for the
Prevention of Disease



Copyright 1907 by
THE AMERICAN SOCIETY FOR THE PREVENTION OF DISEASE
NEW YORK CITY

Nature's Secret

MAN cannot convert iron into gold, nor lead into silver. Man has never learned how to take one substance and make out of it a substance entirely different. This is nature's secret.

There are within the human body a number of glands and organs all of which, when they are in perfect connection with the brain, hold this wonderful secret of converting one substance into another.

One set of these glands takes the substance of bread and water and converts it into hair. Another set of glands takes the same substance and makes teeth of it. Still another converts it into finger nails, another converts it into eyeballs, another into nerves, and another into bones, etc.

The body requires merely food. It has the power of converting food into anything needed. If it require a drug, it has the machinery on hand to make it whatever that drug may be. It is able to make every drug and every antitoxin known to the pharmacopœia, and it also has the mysterious secret of how to make them, each and all out of bread and water, if only they are necessary.

If iron is needed in the blood the body has the secret of making it out of food. Again, the body cannot use drugs, except those of its own making. It cannot use iron swallowed to cure anæmia any more than it can use hair swallowed to cure baldness.

The body must make its own drugs, its own elements, its own chemicals, and its own tissues, but it has the secret of making them all out of simple food.

How to Keep Well and Live Long

From the Standpoint of the New Philosophy

accompanying

The Educational Charts for the
Prevention of Disease

CHAPTER I.

Disease is an *effect*. It has a *cause*.

New facts have been discovered with reference to the cause of individual diseases.

When these new facts shall become known and applied by every one, individual diseases will become less and less, and the average length of life greatly increased.

No more important work can be done than to educate people as to what these new facts are, and this is the object of **THE AMERICAN SOCIETY FOR THE PREVENTION OF DISEASE.**

You Are as Old as Your Spine. Each One of Your Spinal Joints Must Have its Normal Amount of Motion.

Disease is known to be an *effect* of certain *causes*. To know what these causes are and to avoid them is to prevent the diseases which they produce. Hence here as elsewhere "Knowledge is Power."

We can prevent disease if we know how. It is knowledge which gives us power along this line. And so much knowledge has recently been discovered with reference to prevention that its application marks the beginning of a new custom and a new era.

Public Health officials have made wonderful progress, within the last fifty years, along the line of preventing epidemic diseases. And their work is constantly improving. Smallpox, cholera and other epidemic diseases now are as nothing compared with former times. They are prevented.

The work of preventing *individual diseases*, however, cannot be done by Public Health officials. It must be done by each individual for himself.

The individual must learn what to do and then do it. Parents must learn for themselves and for their children.

THE AMERICAN SOCIETY FOR THE

*The Prevention of Disease is Now a Matter of Learning
and Avoiding Causes.*

PREVENTION OF DISEASE is a society for education. It seeks to educate the individual to prevent individual diseases in himself.

It is believed by scientists that the brain should last one hundred years, and as long as the brain remains strong, the body ought to be well.

Health is the greatest factor in this life. Because our work, however important, is dependent wholly upon our health and the question therefore of preventing disease is one of the most important which can occupy the mind of a human being.

CHAPTER II.

Maps Illustrating First Causes.

It is not necessary for one to study surveying in order to understand geography. It is necessary, however, in order that one may obtain a clear idea of the geography of a country, to examine its map.

Pictures make lasting impressions upon the minds of the old as well as the young. An hour's study of a country in connection with its map, will give one a better idea of that country than he could obtain by weeks of reading without a map for reference.

What is true of geography is true also of the human body. In order to understand the new philosophy of preventing disease, one must know something of the body and yet it is not necessary that one should study anatomy as minutely as a physician does. A general idea is necessary, but this is sufficient.

One can gain more real knowledge of the body in one hour by having a map of the body to refer to, than he could gain in weeks or even months of reading without such map.

Your NERVES Must be Free, from Their Origin in Your Brain to Their Ending in all Parts of Your Body.

It is for this reason that two large drawings, or maps, of the body have been prepared which show at a glance points which it would require days of reading to understand without them. Both of these maps should be inspected and studied until one has at least a general idea of the body and the new philosophy of preventing disease.

Maps not only make quick impressions but they make accurate impressions and also those that are never forgotten.

Not only men and women but school children as well, should study these maps of the body.

They should know the effects of a tight or imperfect spinal joint—of a spinal-joint adhesion. They should know the principle of the blood supply to each organ and the drainage from it, and how the caliber of the blood pipes changes by the electric current which is sent to them from the brain over soft nerve threads.

They should study these maps until they understand at least in general terms the new philosophy of preventing individual diseases.

The reward will be the greatest of all rewards—health-immunity from disease.

CHAPTER III.

You are as Old as Your Spine.

You are as old as your spine.

When your spine begins to tighten and grow stiff, whether you are twenty, thirty, forty, fifty or sixty, you are beginning to grow old.

As long as your spine is free, flexible, supple and perfect you will remain young, no matter what your age.

A tight, stiff, imperfect spine is an old spine, whether its owner have lived twenty years or eighty years.

There are old spines on young people, and young spines on old people.

A tight, close, immovable, imperfect spinal joint is an old spinal joint, whether found in the spine of an old person or a young one.

From this viewpoint the different spinal joints in each individual are often of vastly different ages.

Some remain open, free, movable and young, while others have become close, tight, immovable and old. Like the teeth, the spinal joints do not grow old uniformly.

*Your Body Requires STRUCTURAL Attention as Well as
Attention in Every Other Way.*

A person who has even one old tooth knows it, but a person may have a dozen old spinal joints and know nothing about it. The reason for this is that an old tooth makes itself felt directly, while an old spinal joint makes itself known indirectly.

The indication of an old tooth is pain in itself, while the indication of an old spinal joint may be pain in a distant part, or it may be general weakness or the weakness of some special organ or part, or it may be indicated by a general or special disease.

As an illustration, if a certain spinal joint grows old, *i. e.*, tight or turned, the stomach becomes first weak and then diseased. If a certain other joint grows old (tight or turned), the liver becomes weak, first, then torpid, sluggish, inactive and finally diseased.

The soft wires running from your brain to all the various parts of your body, pass between the bones of your spine. A spinal joint cannot become tight or imperfect without pinching the soft wires which go through it. This means an obstruction to the electric current which is passing from the brain on that particular wire, and consequently the cutting

*You Are as Old as Your Spine. Each One of Your Spinal
.. Joints Must Have its Normal Amount of Motion.*

off of power to the part to which that wire goes. Weakness follows first, and then disease.

Your spine not only tells your age, but it also accurately tells your chances for health or disease in the future.

CHAPTER IV.

The Secret of Preventing Individual Diseases.

The secret of preventing individual diseases and living long, lies in giving the body proper care *in time*. The Chinese have a custom of paying their doctor so long as he keeps them well, but as soon as they become sick he must attend them, but receives nothing until they are well again. This is an excellent practice and one which should be adopted everywhere. It is far better for the people and it is far better for the doctor, than the practice of waiting until one is sick and then doctoring to get well. It means prevention, and in the light of the new facts concerning the **STRUCTURAL CAUSES** of disease, this system can now be applied with the greatest possible advantage.

Children should be examined carefully from time to time by a skilled anatomist, who can detect the slightest deviations in the spine or other structures of the body and correct them mechanically.

*The Prevention of Disease is Now a Matter of Learning
and Avoiding Causes.*

The same thing is true with other persons—in fact with every one.

In order to run an automobile several thousand miles and avoid an accident or a break down, the machine needs careful *structural attention* from the very start. It is so with the body. It needs **STRUCTURAL ATTENTION** as well as attention in other ways and it needs it **IN TIME**.

To breathe perfectly;

To eat only pure food and in sufficient quantity;

To drink only pure water;

To sleep eight hours out of the twenty-four;

To think only pure thoughts;

To live an ideal life in every way;

To do all of these things does not mean that you have given your body all the attention which it needs, important as all these things are.

In addition to all of these the body requires **STRUCTURAL ATTENTION**.

Every joint of the spine must be kept in readiness for perfect motion—free from the slightest semblance to an adhesion. There

Your NERVES Must be Free, from Their Origin in Your Brain to Their Ending in all Parts of Your Body.

must be not even tightness, stiffness or other imperfections along the spine.

Again every rib must be perfectly in place and every muscle and ligament normal. There must be no contractions, no tensions. In a word, all the bones and muscles and ligaments of the body must be perfect in their relation to each other or disturbance is bound to follow.

A deviation from structural perfection, however slight, is sufficient to invite disease.

Does each one of your spinal joints move just as freely as it should? Are you structurally perfect? Is there no stiffness in any of your joints? Is every blood pipe open and every nerve free from pressure?

CHAPTER V.

New Facts with Reference to Preventing Individual Diseases.

The power which runs the body is animate electricity.

This discovery comes as the crowning climax to all the wonderful discoveries which have been made in connection with this mysterious force.

The hand on the dial of a delicate electrical indicator moves when the wire poles come in contact with the living human body the same as when they come in contact with an electrical jar.

The hand on this indicator does not move if the poles are connected with wood, iron, lifeless flesh or other non-electric substance. The hand moves only when the poles are connected with a battery which is charged with or is generating electricity.

These experiments, together with many others, have demonstrated the fact that the power which runs the body is **ANIMATE ELECTRICITY**.

*Your Body Requires STRUCTURAL Attention as Well as
Attention in Every Other Way.*

We speak of *animate electricity*, merely as a distinguishing term. Just what the difference is between the electricity of the body of an animal and the electricity which we use is not yet fully understood. The one, however, is animate, the other inanimate or at least one is connected with animate matter, the other with inanimate matter.

While the differences between these two forms of electricity, if there be any, are not known, many points of similarity have been noted, as follows:

Both are generated.

Both are instantaneous in action.

Both produce motion.

Both produce heat.

Both can be transmitted through the air under certain conditions.

Both when transmitted over lines require those lines to be free, from the point of generation to the point of use.

The human brain is composed of millions of cells. These cells **GENERATE AND STORE** the electricity which runs the body. The brain has no other uses.

The brain does not think or reason. The

You Are as Old as Your Spine. Each One of Your Spinal Joints Must Have its Normal Amount of Motion.

brain does not love or hate. It has no passions, no appetites, no desires. These are all attributes of the mind, not of the brain.

The brain merely **GENERATES AND STORES ELECTRICITY** like a great electric plant in which were placed, if that were possible, millions of minute electric dynamos.

Millions of soft electric wires, so to speak, are strung from these millions of minute dynamos in the brain to all the various parts of the body for the purpose of transmitting the electricity from where it is *generated* to where it is *to be used*.

Some of these wires run from the *brain* to the heart. Others from the *brain* to the lungs. Others from the *brain* to the liver. Others from the *brain* to the bowels. Others from the *brain* to the pelvic organs, etc. **EVERY MUSCLE, ORGAN AND PART IS CONNECTED WITH THE BRAIN BY A SOFT ELECTRIC WIRE.**

All parts of your body are powerless of themselves.

Of itself your eye is as sightless as a lump of clay. Of themselves your kidneys are as functionless as a stone.

*The Prevention of Disease is Now a Matter of Learning
and Avoiding Causes.*

The power which enables your eye to see is electric, and is sent to it over a soft wire *from your brain*.

The power which enables each of your kidneys to perform its function is electric, and is sent to it over a soft wire *from your brain*.

The power which causes your heart to beat is electric and it is sent to it over a soft wire *from your brain*.

So it is with each and every organ and part of your body. They all receive their function and their power *from your brain* over a soft wire.

Cut the soft wires running from the brain to the arm and instantly the arm becomes a dead member, paralyzed and lifeless.

Cut the soft wires running from the brain to the legs and paralysis follows instantly.

Cut the soft wires running from the brain to the heart and instantly the heart stops.

Again tightly pinch the soft wires running from the brain to the arm and leave them in that condition and a sensation of "*going to sleep*" will be felt at first, and in time if the pressure be not removed this condition will

Your NERVES Must be Free, from Their Origin in Your Brain to Their Ending in all Parts of Your Body.

result in paralysis, the same as if the nerves had been divided.

The same is true with reference to the nerves which go to the legs, the lungs or any other part.

That is, PRESSURE on a nerve if sufficient in intensity and if sufficiently prolonged will have the same effect as if the nerve were cut in two.

We have used the term “*soft electric wires*” a great many times for the purpose of impressing the mind with the fact that while nerves are like electric wires in other ways, they are *soft* and therefore susceptible to *pressure*.

Pressure on the nerve which runs from the brain to the heart will obstruct the electric current going from the brain to the heart and cause the heart to become weak and finally to stop.

Pressure on the nerve which runs from the brain to the bowels will obstruct the electric current going from the brain to the bowels and cause constipation, and finally paralysis of the bowels.

Pressure on a nerve anywhere throughout

*Your Body Requires STRUCTURAL Attention as Well as
Attention in Every Other Way.*

its course between its origin in the brain and its ending in a part, will cause that part to which it goes to become weak and susceptible to disease and herein we have an explanation of the vexed question of disease immunity.

Every part is entitled to and must have a certain amount of electricity from the brain in order to do its work perfectly and maintain its *power* of resistance to disease.

For instance, if there be pressure on the nerves which run from the brain to the lungs, the electric current which is sent out from the brain is obstructed, the lungs do not receive their full electric power and as a result they become weak. If a person in this condition breathes air containing the germs of consumption, he is liable to contract the disease at once.

Had there been no *pressure* on the nerves leading from the brain to the lungs, these organs would have received their full electric power from the brain, would have had their normal strength, and been immune from the disease, however many germs might have been breathed.

This illustration applies to all germ diseases. The body is germ-proof if it is in per-

You Are as Old as Your Spine. Each One of Your Spinal Joints Must Have its Normal Amount of Motion.

fect condition. And perfect condition means—a well charged battery (brain) and the soft wires which run out from that battery free from all *pressure throughout their entire length.*

In other words

First, The electricity, which the brain generates, must not be unduly exhausted by over work, physical or mental, or in any other way.

Second, The nerves which convey this electricity from the brain where it is generated to the various organs and parts of the body where it is used, must be free throughout their entire course. There must be no *pressure* on them at any point.

It should be understood that the brain must make all the electricity which the body uses. Artificial electricity which is made by machinery or in batteries and thrown on the body cannot be used by it to any permanent advantage. The body must make its own electricity the same as it makes its own hair, its own nerves, etc.

CHAPTER VI.

The New Philosophy of Preventing Individual Diseases.

AS LONG AS YOUR MIND IS CLEAR AND YOUR BRAIN IS GENERATING ITS NORMAL AMOUNT OF ELECTRICITY, YOUR BODY OUGHT TO BE WELL.

AS LONG AS YOUR MIND IS CLEAR AND YOUR BRAIN IS GENERATING ITS NORMAL AMOUNT OF ELECTRICITY YOUR HEALTH WILL DEPEND VERY LARGELY UPON THE CONDITION OF YOUR SPINE.

As we have explained, your brain generates and stores electricity.

This electricity is sent out from your brain over soft electric wires which pass through bony switches along the spine.

The partial closing of any of these bony switches pinches the soft wires which pass through them, thus obstructing the electric current from the brain to the part to which those wires go.

*The Prevention of Disease is Now a Matter of Learning
and Avoiding Causes.*

Your body is a marvelous electrical machine. Your brain generates and stores the electricity which runs it.

Your nerves are live electric wires which transmit the electric power which your brain generates.

Your nerves are composed of soft material. They are compressible.

When PINCHED, FLATTENED or COMPRESSED, they do not transmit the full volume of electric power which they should.

Bones are composed of hard material, and wherever a nerve passes immediately between two bones, it is bound to become *pinched* if those two bones are drawn too closely together.

There are points in your body where nerves pass right between two bones.

Forty-eight of these points are along your spine.

There are twenty-four joints in your spinal column, and two points at each joint where nerves pass right between two bones. (See chart No. 1.)

So long as each of your spinal bones is per-

Your NERVES Must be Free, from Their Origin in Your Brain to Their Ending in all Parts of Your Body.

fectly in place there can be no trouble on these soft electric wires running out from your brain.

But danger lies in the bones becoming drawn more closely together than normal, thus *pinching* the nerves which pass between them.

Parts of metal machinery may become too loose, but looseness cannot occur in the body, *i. e.*, looseness never occurs as a cause of disease.

A nerve cannot have too much room.

A nerve cannot be too free.

As soon as you *pinch* a nerve, however, you block and obstruct the electrical current which is passing over it.

The bones of the spine never get too far apart. It is their coming together which produces disease.

Many men and women at seventy are from one to two inches shorter than they were at twenty-five.

Those who are the same height at seventy that they were at twenty-five, are the ones who live one hundred years or over.

This shortening of the spine is not due en-

*Your Body Requires STRUCTURAL Attention as Well as
Attention in Every Other Way.*

tirely to the fact that old people are as a rule more bent than when they were young. But it is due in a large measure to a *tightening* of one or more of the spinal joints.

Shortening of the spine is not confined to the old. It is a condition which affects all ages and all classes of people—the infant, the young, the middle aged as well as the old.

Wherever disease is starting, even though it be unnoticed, or wherever disease is plainly apparent, there you will find, as a rule, a spine shorter than normal. This shortening may be a very small fraction of an inch—perhaps an adhesion or tightening at only one joint; but the adhesion at one joint alone, is sufficient to shorten the spine and produce disease.

Between every two bones of the spine there is a thick, spongy cushion resembling soft rubber, which is called an intervertebral cartilage. (See chart No. 1.)

There are twenty-four of these spongy cushions placed between the twenty-four bones of your spine and these hold the balance of power between health and disease.

These spongy cushions are never *thicker* than normal, but from pressure they may be-

You Are as Old as Your Spine. Each One of Your Spinal Joints Must Have its Normal Amount of Motion.

come very much *thinner* than normal.

The shortening of the spine is due entirely to the susceptibility of these spongy cushions to *pressure* and to the squeezing down of one or more of them into thinner compass than normal.

The short muscles and ligaments, which go from one vertebræ to another along your spine, contract here and there as the result of colds, slips, falls, cramped positions, etc.

As a result of these short muscles and ligaments contracting, the bones are drawn too closely together, compressing the spongy cushion which holds them apart and pinching the nerves which pass between them.

Here we have the real first cause of weakened or diseased organs and parts—a tightening of one or more spinal joints which results in the following:

1. *Compressing the spongy cushion between the bones.*

2. *Shortening the spine by drawing the bones more closely together than is normal.*

3. *Pinching the nerves as they pass between the bones, thus obstructing and blocking the electric current which is passing from*

*The Prevention of Disease is Now a Matter of Learning
and Avoiding Causes.*

the brain over these nerves to the various organs and parts of the body.

Shortening of the Spine.

Your spine may be shorter than normal by one-sixteenth of an inch, or even less if there is a tightening of one joint only, *i. e.*, a compressing of only one spongy disc.

Or it may be shorter by two inches or even more, if there is a tightening of several joints, *i. e.*, a compressing of several spongy discs.

The spine is sometimes even three inches or more shorter than normal, in cases of spinal curvature where there is a compressing of practically every one of the twenty-four spongy discs. (See chart No. 1.)

Importance of Perfect Spinal Joints.

The remarkable thing about your spinal joints is that each joint controls certain organs or parts. That is, nerve threads which are strung from your brain to the various

Your NERVES Must be Free, from Their Origin in Your Brain to Their Ending in all Parts of Your Body.

parts of your body pass through the joints of your spine. (See chart No. 1.)

If, for instance, a certain spinal joint becomes tight or turned, through which the soft electric wires (nerves) pass from your brain to your stomach, electric power to your stomach is obstructed or partially cut off and that organ becomes weak with symptoms of indigestion at first, and finally diseased.

If a certain other spinal joint becomes tight or turned, through which the wires (nerves) pass from your brain to your liver, electric power to your liver is obstructed or partially cut off and that organ becomes weak, then sluggish, and finally diseased.

There is another spinal joint which, when it becomes tight, obstructs and partially cuts off electric power to the kidneys. The kidneys then become weak. They do not extract urea and other impurities from the blood as they should, and, as a result of the passing on of these impurities into the blood stream, which should be thrown out of the system, the individual is finally attacked with what is known as RHEUMATISM.

There is still another spinal joint which,

*Your Body Requires STRUCTURAL Attention as Well as
Attention in Every Other Way.*

when it becomes tight, partially cuts off electric power which is passing from your brain to your bowels—causing constipation, etc.

The tightening of another spinal joint partially cuts off electric power which is passing from your brain to your heart and this is the direct cause of so-called weak heart.

At other spinal joints the electric current from your brain to your lungs is obstructed.

At other spinal joints the electric current from your brain to your pelvic organs is obstructed.

Other spinal joints obstruct the electric current from your brain to your legs, causing partial or complete paralysis.

So it is with the eyes, the ears, the arms and every part of the body.

These facts have all been demonstrated.

The spine is a bony switchboard standing between your brain, where electric power is generated, and all the other parts of your body where that electric power is used.

In order therefore that electricity may pass naturally and freely from where it is generated to where it is used, the bony switches

You Are as Old as Your Spine. Each One of Your Spinal Joints Must Have its Normal Amount of Motion.

along your spine, through which it passes, must all remain open.

That is, there must be no tightening of a single spinal joint—no shortening of the spine, however slight, no slipping, tilting or turning of any of the vertebræ, no tensions, no adhesions.

In other words, the spine must be perfect. The spongy cushions between each two of the bones must have their full thickness. The vertebræ must remain their natural distance apart and be true to each other laterally.

Through a perfect spine the myriad nerves from the brain pass unhampered to all the various organs and parts of the body. And this means that every part receives its full amount of electric power and therefore is in "*Prime condition*" or in that state known as perfect health—in which condition it is immune from disease.

Results, and Natural Death.

Under such conditions the body ought to remain well as long as the mind is clear, and the

*The Prevention of Disease is Now a Matter of Learning
and Avoiding Causes.*

brain is generating its normal amount of electric power.

A clear mind, generally speaking, is evidence that the brain is generating a sufficient supply of electricity to run the body perfectly.

A perfect spine, *i. e.*, unpinched and unhampered nerves, is essential, in order that that electric power may reach all the parts for which it is intended.

It is now maintained that the body should be well as long as the brain is perfect. And it is granted by physicians and scientists generally that the brain itself should easily remain perfect one hundred years or longer.

At the expiration of one hundred years, when the memory becomes impaired, when second childhood makes its appearance, the brain begins to fail in its work of generating electric power, which means that the end is near.

The heart, the lungs, the kidneys—all parts of the body, begin to grow weak, not because of a blockade on the wires connecting them with the brain but because the brain is not generating power in sufficient quantity for the demands of the body.

Your NERVES Must be Free, from Their Origin in Your Brain to Their Ending in all Parts of Your Body.

Dissolution has already set in and death comes quietly, peacefully, as nature intended.

Unnatural Death.

Compared with this natural death, we have the unnatural death—death which follows the breaking down of some of the vital organs of the body while the brain is yet perfect, and generating electric power in sufficient quantity to run every part of the body perfectly.

This is not only unnatural death, but it is premature death. It is death as unnatural and premature both, as death by drowning or direct violence.

It is death which ought never to occur.

Disease is just as unnatural to the body as a direct injury.

While your brain is active and strong, why should your heart, your lungs, or your kidneys become diseased?

In themselves these organs are functionless and powerless as we have heretofore explained. All the power they have is sent to them from the brain, and so long as the brain

*Your Body Requires STRUCTURAL Attention as Well as
Attention in Every Other Way.*

is generating and sending out power in abundance, why should not these and all other organs of the body remain healthy and strong? Why not?

There is no reason. They will remain healthy and strong providing the lines which connect them with the brain are all free and open throughout their entire course.

What a Diseased Organ Means.

A diseased organ means that there is an obstruction on the lines.

It means that the soft nerve thread which runs from the brain to that organ is not free throughout its entire course, but at some point there is *pressure* upon it.

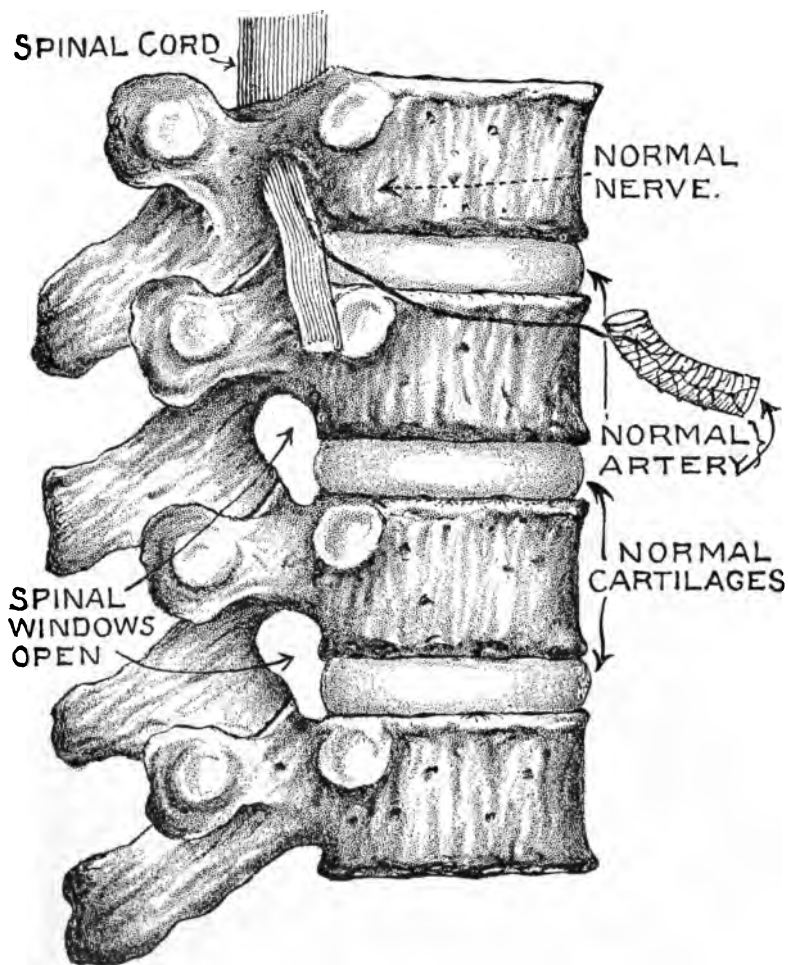
This pressure usually will be found at the spine, where the nerve runs between the bones—a tightened spinal joint—and results in diminishing the amount of electric power which that organ should receive.

Weakness follows.

If, in the case of the lungs, germs (second-

NORMAL (OPEN) SPINAL JOINTS

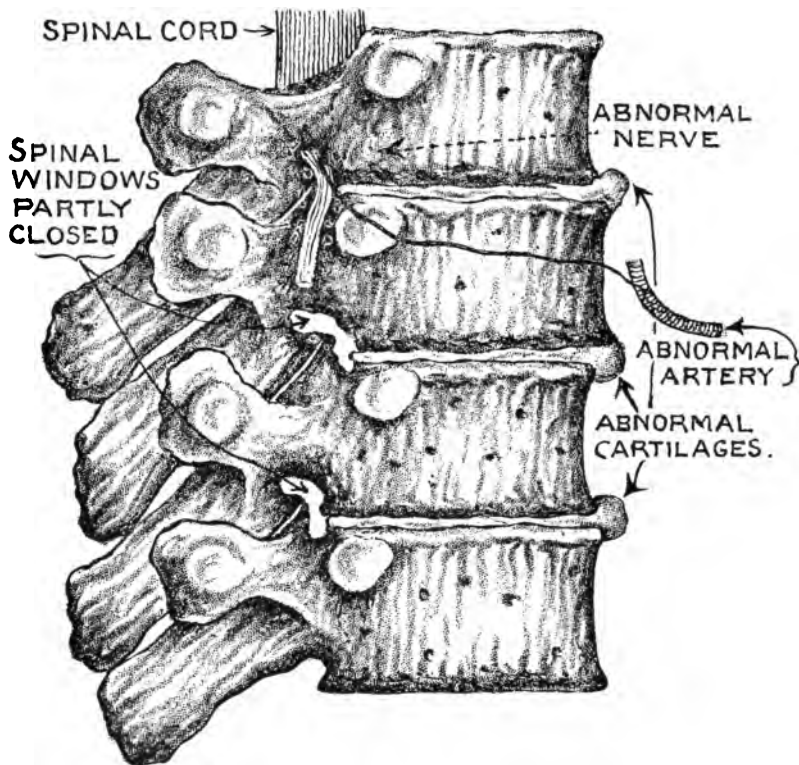
(Bones well separated, and true to each other laterally)



In this drawing the spinal joints are open, the cartilages are thick, the nerves are free from pressure and the artery large and elastic. These are the spinal joints which insure health and long life.

ABNORMAL (CLOSED) SPINAL JOINTS

The spinal bones never get too far apart. Trouble always comes from their being drawn too closely together or turned laterally. Old people have stiff spines because certain of the spinal joints become tight, or the bones have slipped or turned laterally. Shortness of the spine is due to the same causes.



This drawing illustrates the condition spinal joints get into, where the spine receives no attention. There is a constant tendency of the tissues which bind the bones of the spine together to **contract**, thus pulling the bones closer together than they should be, or out of their true alignment. This compresses the cartilages, pinches the nerves and renders the arteries small and non-elastic. If the artery to the stomach is reduced in calibre the stomach must be weak, etc. Each of the spinal joints must be kept open and the bones well separated and true to each other, or disease of some part must follow, depending upon the joints which becomes tight or imperfect. Your spine, as well as your teeth, needs attention from time to time, if you would be healthy and live long.

You Are as Old as Your Spine. Each One of Your Spinal Joints Must Have its Normal Amount of Motion.

ary causes) find weakened tissue they set up pneumonia, consumption or other lung diseases.

If, in the case of the bowels, water containing typhoid germs be drunk (secondary causes), these germs finding weakened tissue set up typhoid fever.

Every organ of the body is germ proof when it is receiving its full electric power from the brain.

Therefore, only as secondary causes of disease do germs act.

The heart, the liver, the kidneys all become weak as soon as there is the slightest **PRESSURE** on the soft wires connecting them with the brain.

As long as the brain is strong it sends to all organs all the electric power which they require, but **PRESSURE** on the lines obstructs the current, then weakness follows and finally disease.

Two Hundred Out of One Million.

The only natural death is death which follows a worn-out brain.

*The Prevention of Disease is Now a Matter of Learning
and Avoiding Causes.*

And yet statistics show that only about two hundred out of every million die a natural death from old age.

Think of it! Only two hundred out of every million! All the rest—the hundreds of thousands dying an unnatural and a premature death.

Here is certainly a field for the reformer.

Disease being unnatural while the brain is strong, and following as the direct result of pressure on nerves which obstructs the electric current coming from the brain, it follows that in order to prevent disease the *prevention of pressure* is of first importance.

IMPORTANCE OF A PERFECT SPINE.

The human spine is composed of 24 bones or vertebræ. Between each two bones there is a cartilage—a substance resembling soft rubber—which pinches down on one side and expands on the other every time you bend your neck or back.

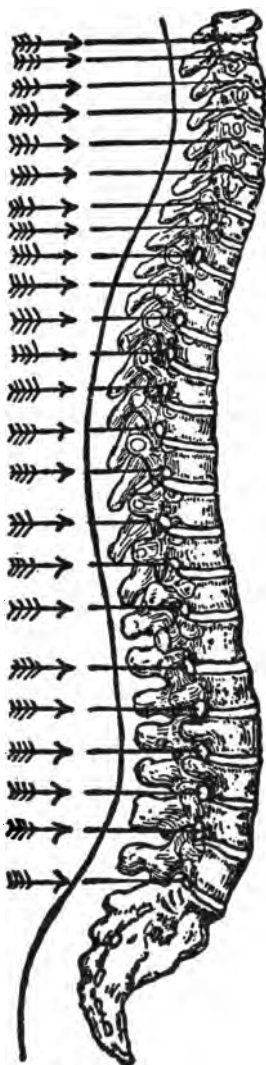
The vertebræ are all hollow and the spinal cord passes down through them giving off between each two bones a nerve, threads from which run around certain blood pipes, making them large or small by causing the circular muscular fibers of which they are composed to contract or expand.

Any tightening, twisting, turning or imperfections of the vertebræ or any tension of the spinal muscles or ligaments will result in "pinching" these spinal nerves and disturbing the caliber of the blood vessels which they control.

Each spinal joint is a switch which controls definite blood pipes, in the lungs, heart, stomach, liver, kidneys, intestines, pelvic organs and all other parts of the body.

The nerve threads which connect the brain with the different parts and organs of the body come out at the **small openings** between each two vertebræ—indicated by the arrows.

The slightest tightening, turning or imperfection of any of the spinal joints means a partial closing of **these small openings**, which means pinched nerves and consequently a disturbance of the caliber of the internal blood pipes which these nerves control.



CHAPTER VII.

How the Circulation Becomes Disturbed.

If the brain is strong and the nerve which runs from it to a part is free, the circulation in that part will be perfect because the circulation of the blood is under the control of the electric current which comes from the brain. *If that current is perfect, it makes the circulation perfect.*

If the circulation in any part of your body is wrong, there is *pressure* on the nerves which run from your brain to the blood vessels of that part. (See chart No. II.)

There is a blood pipe (an artery) which runs into each organ carrying pure blood, and a blood pipe (a vein) which runs out of each organ, but the caliber of both of these pipes is under the control of two nerves running from the brain. (See chart No. II.)

If both of these nerves are free, the caliber of both pipes is normal and the circulation perfect.

If there is pressure on the nerve which runs

Your NERVES Must be Free, from Their Origin in Your Brain to Their Ending in all Parts of Your Body.

from the brain to the pipe which runs into a part (the artery) that pipe becomes smaller in caliber, reducing the amount of pure blood to that part, and weakness follows for want of nourishment.

If there is pressure on the nerves which runs from the brain to the pipe which runs out of a part (the vein) that pipe becomes smaller in caliber, preventing perfect drainage. That part then becomes congested with impure blood and weakness and disease follow.

The circulation in any part of the body is analogous to the fresh water pipe running into a bath-room and the impure water pipe running out of it. An obstruction to the pure water pipe cuts off the water supply, an obstruction to the sewer pipe fills the room with impurities and causes an overflow.

There is one difference, however, and that is that the blood pipes of the body are constantly changing their caliber, owing to the circular muscular fibers of which they are composed. (See chart No. 2.)

When these circular muscular fibers contract, the blood pipe becomes smaller, cutting

*Your Body Requires STRUCTURAL Attention as Well as
Attention in Every Other Way.*

off the nourishment or obstructing drainage, depending upon the pipe affected, as above described. In either case weakness follows, inviting disease.

Normal Changes in the Circulation.

These remarks apply to *abnormal* changes in the caliber of arteries and veins.

There are of course normal changes in the caliber of blood pipes.

For instance, the vessels which run into and out of the walls of your stomach are twice as large after dinner as they were before dinner.

The caliber of vessels in your brain are twice as large when you are awake and thinking as they are when you are asleep.

The caliber of the blood pipes into and out of any part is increased when that part is active. They decrease when the part is inactive.

These changes are normal and are taking place constantly in different parts of the body.

It is the abnormal changes in the caliber of arteries and veins which produce disease. But arteries and veins are powerless in them-

You Are as Old as Your Spine. Each One of Your Spinal Joints Must Have its Normal Amount of Motion.

selves to become larger or smaller in caliber. The power which produces these changes comes from the brain, over soft wires, and if the brain be strong, the trouble lies in these soft wires which run from the brain to the vessels and not in the vessels themselves.

If the brain be strong and the soft wires free throughout their entire course, the circulation cannot be wrong.

CHAPTER VIII.

The Average Length of Life is Rapidly Increasing.

Statistics show that the average length of life is rapidly increasing. About four years have been added to the average life in the last quarter of a century. The reason for this is given as *INCREASED KNOWLEDGE*—increased knowledge, not only in the art of curing, but also in the greater art of preventing disease.

Increased knowledge has enabled public health officials to accomplish *wonderful results for the community* along the line of prevention. Smallpox, cholera, yellow fever and other epidemic diseases which used to claim their victims by millions are now prevented.

Isolating, quarantining, street sweeping, tenement inspection, garbage removal, the building of adequate sewers, and the many other measures now in use by public health officials are making a wonderful showing as to what can really be done by prevention.

*The Prevention of Disease is Now a Matter of Learning
and Avoiding Causes.*

And yet, the real work of prevention has only just begun.

The time is coming when every epidemic disease will be prevented.

The Japanese army physicians proved that all that is necessary to prevent typhoid fever in an army is a careful examination of all the water used by the soldiers.

The time is coming when all proper drinking water will be labeled "*pure*" by the government. This will prevent the ravages of typhoid fever—a disease which takes away thousands and thousands every year.

The time is coming when all milk sold will be labeled "*pure*" by the government. This will prevent the death of thousands of children every year.

The time is coming when every article of food and everything that is drunk, will be "*pure*" and when every city throughout its corporate limits will be as clean as a surgical hospital built of marble and glass.

This day is coming and why should it not come soon?

What is more important to a community or a nation than its health?

Your NERVES Must be Free, from Their Origin in Your Brain to Their Ending in all Parts of Your Body.

Millions are now being spent annually to carry on this work of protecting the health of the nation and no money is spent to better advantage. But the appropriation for **this** work must be doubled and trebled and quadrupled by all cities, states and nations.

The Department of Health like the Department of War must be so large and so thoroughly organized that the nation will be absolutely protected against disease, as well as against foreign foes.

And yet there is another phase to this subject. Each individual has something to do himself as well as the city, the state, and the nation.

The individual must learn how to care for himself and prevent those diseases which are not due to impure food, impure water, impure air or impure surroundings of any kind.

The state may, by great expense, prevent every contagious disease, and every disease which results from a poison or an impurity of any description and yet it never can, by any possibility, reach the point of preventing **INDIVIDUAL DISEASES**. This work each individual must do for himself. But this

*Your Body Requires STRUCTURAL Attention as Well as
Attention in Every Other Way.*

work each individual can do for himself if he will.

By *INDIVIDUAL DISEASES* we mean those diseases which affect only the individual and are not contagious. Such as nervousness, heart disease, diseases of the stomach, the liver, the kidneys, the pelvic organs, the eyes, the ears, catarrh, paralysis, rheumatism, etc.

These individual diseases are all just as unnatural as contagious diseases, and in the light of the new facts which have just been brought to light are just as easily prevented. In fact more easily prevented because it is easier for one person to care for himself than it is for the nation to care for millions.

While the nation must learn what to do and then do it, regardless of cost, in protecting the community against epidemic diseases the same thing is true of the individual in protecting himself against individual diseases.

The individual must look after his own body the same as he looks after his own teeth. The nation cannot do this for him.

Speaking of teeth it should be noted that the profession of dentistry has changed amazingly in the past few years. Twenty years

You Are as Old as Your Spine. Each One of Your Spinal Joints Must Have its Normal Amount of Motion.

ago the work of the dentist was largely one of extracting teeth—now it is a work of preserving the teeth and preventing extraction.

Twenty-five years ago, people waited until their teeth were decayed down to the gum and finally when they could stand the pain of old ulcerated roots no longer, they called on the dentist and had them extracted. *They waited too long.*

Later, people learned to go to the dentist as soon as cavities became painful. This also was waiting too long, as a tooth may be largely wasted away before it becomes painful.

Now, however, people do not wait for roots, painful cavities, nor cavities of any kind.

They call on their dentist a few times each year. Should there be a slight formation of tartar, a slight rising of the gum, or the slightest cavity, a very little work will suffice to put the teeth in perfect condition, and thus prevent the formation of large cavities, extraction, plate making, etc.

I am told by one of the foremost dentists of New York City that his preventative work has reached the point that whereas in former times he had much work in the line of plate

*The Prevention of Disease is Now a Matter of Learning
and Avoiding Causes.*

making, he has in all his large practice found it necessary to make but one plate in the last four years.

This is a wonderful showing. It is a demonstration of what can be done by prevention—by giving the teeth proper care *in time*.

But what can be done with the teeth can, in the light of new facts and new knowledge, now be done with the body if it be given proper care *in time*.

Proper care in time, for the community, does not mean to wait until smallpox is spreading throughout the city like a great conflagration. For the teeth it does not mean to wait for ulcerated roots, or painful cavities. And for the individual it does not mean to wait until several of the joints of the spine become stiff, tight and imperfect, pinching the nerves running from the brain to the heart, or other organs and resulting in a breakdown.

Proper care in time really means a number of things. But one of its most important meanings, for reasons already given, is the maintaining of a perfect spine—a spine that is free, flexible and perfect at every joint.

There are manipulative surgeons, who in

*Your NERVES Must be Free, from Their Origin in Your
Brain to Their Ending in all Parts of Your Body.*

the light of the new discoveries, are now devoting their entire time to the work of keeping the spine as well as all the other structures of the body in perfect condition. And while this is new work, it is absolutely essential in order to prevent individual diseases and keep the body in perfect condition.

A manipulative surgeon can, by taking up each joint of your spine and testing it as to its motion, detect imperfect conditions long before you would notice them. And in this way, he is able to prevent individual diseases.

If, for instance, he tests out the twenty-four joints of your spine and finds twenty-three of them perfect, but one tight and imperfect, and if the soft nerve threads from your brain to your heart run between the bones of that tight or turned joint, to put it right would be to prevent heart trouble.

This illustration applies to all parts of the body, since the spine, as we have shown, is made up of twenty-four bony switches through which soft wires pass on their way from the brain where electricity is generated to all the various parts of the body where that electricity is used.

*Your Body Requires STRUCTURAL Attention as Well as
Attention in Every Other Way.*

Stiffness of the spine must be prevented because a spine cannot become stiff until some of its joints become tight or imperfect, which means weakness and disease.

Stiffness and other imperfections of the spine can be prevented by occasionally having a manipulative surgeon go over it and see that all the joints are open and that the circulation at each joint is perfect. The cost of this work like the cost of an occasional visit to a dentist is so slight when compared with the importance of the work and its far-reaching results, that it is of no consequence. Besides the cost of prevention is so slight when compared with the cost of cure as to render it unnecessary to do more than mention it.

When, through delay, a disease has passed beyond the possibility of cure, and when the end of life is in sight, men have offered their entire fortune for a cure. They offer their entire fortune for that which a very few dollars would have secured had they given themselves a little attention IN TIME.

Preventative dentistry pays. Preventative manipulative surgery pays. Preventative public health measures pay.

You Are as Old as Your Spine. Each One of Your Spinal Joints Must Have its Normal Amount of Motion.

The work of manipulative surgeons — of skilled anatomists—is just now being introduced throughout the country and the results are already becoming apparent. The most wonderful results along the line of preventing individual diseases and thereby prolonging life are bound to follow its application when it becomes generally known.

CHAPTER IX.

The Prevention of Tumors and Operations.

If the brain is strong and the soft wires free throughout their course, tumors and abnormal growths are impossible, because the power which builds up and maintains a part comes from the brain over nerve threads.

A tumor is an abnormal building of tissue. If the brain is strong it means there is some *pressure* or disturbance on the soft wires running from the brain to the point where the tumor is found.

If this point of pressure be found and removed, normal impulses from the brain will cause the tumor to be absorbed and removed.

Surgery as it is practiced to-day must be greatly changed.

Statistics show that, on the whole, patients who are operated upon live but a few years thereafter. The first operation being but the forerunner in many cases to a second or even a third operation for the same trouble.

The reason for these terrible results is

*The Prevention of Disease is Now a Matter of Learning
and Avoiding Causes.*

plainly apparent when viewed in the light of the new philosophy.

A tumor is always at the end of a nerve. It is caused by pressure somewhere along the course of that nerve, between the tumor and the brain—most likely at the point where that nerve passes through the bony switches of the spine.

To cut out the tumor is merely to cut out a part of the effect. The real cause—the point of pressure on the nerve—is not disturbed and within a few weeks or a few months, the growth reappears calling for a second operation, etc.

Every part of the body has a use and every part should be used and used naturally.

When therefore a part is cut away and removed, there is an extra strain on the entire system which soon results in death.

To cut away parts of a machine is to ruin it.

The present system of surgery must pass away. Causes must be found and removed instead of cutting out effects and leaving the body subject to other operations.

CHAPTER X.

Old People.

The spine in an old person does not quickly become one or two inches shorter than normal. One joint tightens slightly, then another, and another, until perhaps ten or more joints out of the twenty-four, of which the spine is composed, become drawn and imperfect. (See chart No. I.)

An old person in this condition wonders what has become of his blood and why he is so weak and incapable.

He realizes that his back is stiff, but he looks upon this as the result of his weakness instead of the cause of it. He does not realize that this *stiffness of the spine* is what stands directly between him and vigorous health.

He does not realize that the two organs which make his blood—his liver and his stomach—have the electric power from the brain which runs them partially cut off by the tightening and closing of certain spinal joints.

He does not realize that his spine is becom-

Your NERVES Must be Free, from Their Origin in Your Brain to Their Ending in all Parts of Your Body.

ing shorter in the same proportion that it is becoming stiffer.

He does not realize that it is impossible for his spine to become shorter without one or more of the spinal joints becoming partially closed—the bones drawn together more closely than normal.

He does not realize that a shortening of the spine means the cutting off of power which is passing from his brain to his internal organs.

Your spine cannot become stiffer than normal until it becomes shorter than normal. This point should be remembered.

THE SHORTENING AND TIGHTENING OF THE SPINE IS THE CAUSE OF THE STIFFNESS.

The spinal joints do not all become stiff and tight at once, any more than all the teeth decay at once. Careful attention to the teeth preserves them in excellent condition long after they would all have been lost without that attention.

It is so with the spine. Careful attention to the spine now and then will maintain it in perfect condition years after it would have become imperfect if left to itself and by its

*Your Body Requires STRUCTURAL Attention as Well as
Attention in Every Other Way.*

condition the breaking down of some of the vital internal organs.

There is nothing so valuable in life as a goal and a purpose. These things are to life what a port is to a ship—the object—the end, etc. The goal of life must be changed to one hundred years instead of sixty or seventy years, as we view it to-day.

When people say they do not wish to live one hundred years, they mean they do not wish to reach this age unless they can be well and strong.

This is what THE AMERICAN SOCIETY FOR THE PREVENTION OF DISEASE seeks to accomplish. Not to lengthen merely the years of existence, but to lengthen the years of strength, of usefulness, of vigor and of power.

The percentage of those who reach the age of one hundred years is increasing each year and it is going to become greater and greater until healthy old age is the rule and not the exception.

Each individual, in order to bring this desired result about, should set one hundred years as his goal and govern himself accord-

You Are as Old as Your Spine. Each One of Your Spinal Joints Must Have its Normal Amount of Motion.

ingly. Even though this is only a mental resolution, it will have its effect. If you firmly resolve to live one hundred years and govern yourself by that resolution, it will influence your life and your actions in many ways.

You will not feel, when you are forty or fifty, that you are getting old. You will not quit business at fifty-five or sixty and then simply wait to die. Instead of this you will be planning at sixty and seventy and eighty the same as you were at thirty. You will work fewer hours at these ages, but you will continue to work some.

You will not live too fast because you will appreciate that a fast life cannot be a long life.

You will take the best of care of yourself in every possible way in order that you may reach the goal you hold in your mind.

If you started out to run an electric automobile from New York City to San Francisco, you would not run the machine as you would if you started out merely for a ride without any definite end in view.

In view of the facts which have recently

*The Prevention of Disease is Now a Matter of Learning
and Avoiding Causes.*

come to light, a person who is fifty or sixty is not old and he should not so consider himself.

If you are sixty or seventy, change your ideal and your goal. Make your goal one hundred years. Get into some kind of work which will require at least two or three hours of your time each day and something in which you will really be interested.

Consult a manipulative surgeon now and then and try to avoid and overcome any stiffness of the spine or other joints.

Plan for the future and for one hundred years. Thousands of people in the United States are reaching the age of one hundred years. Why should not you?

You may not be very strong, but great physical strength is not at all necessary. No great athlete ever lived to be one hundred years of age. There are as many women as men who reach the one hundred year mark. This shows that great muscles are not essential.

The following however are essential:

1. Conserve your vitality; *i. e.*, Don't squander the electricity which your brain

Your NERVES Must be Free, from Their Origin in Your Brain to Their Ending in all Parts of Your Body.

generates by over work, mental or physical, or in any other way.

2. Maintain a free, flexible and perfect spine.

3. Cultivate the habit of slow breathing. Breathe ten times per minute. People who breathe, thirty times per minute do not reach real old age.

The fact that thousands of people in the United States are now living who are one hundred years of age, shows that talk of reaching this age is not fanciful nor a mere dream.

Whatever has been done once can usually be done again. And also whatever can be done by accident and chance can be more successfully done by thought, science and study.

Those who have reached this age have done so more as the result of accident than as the result of planning on their part. If thousands can do this by accident, when public and individual preventative measures are in their infancy, what may not be expected when this question is made a careful study by every one and when scientific preventative measures are fully in use by the nation and by each individual?

*Your Body Requires STRUCTURAL Attention as Well as
Attention in Every Other Way.*

It is often said that people in olden times lived longer than they do now. This statement is untrue. As we have mentioned elsewhere, the average length of life is steadily increasing. People are living longer now than they ever lived at any previous time of the world's history.

Disease is growing less each year and it will continue to grow less and less the more each individual learns about the body for himself and the more he applies that knowledge.

Columbus sailed across the Atlantic Ocean. Other mariners attempted to follow his example. Some were successful; many failed. But Columbus and those who crossed the ocean successfully demonstrated that it could be done. Men determined that what could be done by a few, could be done by many, and by turning their attention to that problem they solved it so carefully that a lost ship is now of rare occurrence.

It is going to be so with this ocean of life. If we say one hundred years is the farthest shore, enough have crossed already to show that it can be reached and each one of us must set himself the task of reaching it.

You Are as Old as Your Spine. Each One of Your Spinal Joints Must Have its Normal Amount of Motion.

Resolve to-day that you will reach the goal—the farthest shore—the port of one hundred years, and commence to-day to act and to work accordingly.

There is nothing more sad than an old person whose work is finished and who is merely waiting for the end to come.

This condition should not occur. Plan work for yourself and feel each day that you have something to do which you must do.

Of all sad conditions in this life it is the condition of living without a *purpose*.

No matter what your age, no matter what your physical condition, keep a *purpose* ahead of you. Do not give up business as long as you can possibly attend to it. When you do give up regular business, lay out for yourself some task and then start in and accomplish it. Take up some study, write an article on some subject, devise some plan of helping others. If your mind is clear you can think. And if you can think, you can plan and you can work to carry out your plan.

Above all things, while you do live, have a *plan* and a *purpose* and strive always to carry them out.

CHAPTER XI.

Fat People and Lean People.

We give on the opposite page a table of what one should weigh normally. This table is in use by insurance companies, and they have learned that those who deviate too far from these figures are dangerous risks and they therefore refuse them.

If your weight deviates more than twenty-five pounds either way from the figures given, you should make an effort to increase or decrease it at once. This can be done by natural methods providing one has sufficient will power to pay attention to facts which are now known with reference to these matters.

It should be said also that all drugs which are advertised to reduce weight, should be avoided as injurious to health and dangerous to life.

Owing to the great burdens which excessive fat adds to the system, this condition is far more dangerous to life than leanness.

The one essential, to change both of these conditions, is *Will Power*. To be sure there is

*The Prevention of Disease is Now a Matter of Learning
and Avoiding Causes.*

a limit to either increasing or decreasing the weight. But we believe there is no one who can not, in the light of the new facts, bring his condition within the twenty-five pound limit of the figures given if he has sufficient *Will Power* to do it.

Your NERVES Must be Free, from Their Origin in Your Brain to Their Ending in all Parts of Your Body.

TABLE OF HEIGHTS AND WEIGHTS

AGES		15-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59
Ft. 6	In. 0	120	125	128	131	133	134	134	134
	1	122	126	129	131	134	136	136	136
	2	124	128	131	133	136	138	138	138
	3	127	131	134	136	139	141	141	141
	4	131	135	138	140	143	144	145	145
	5	134	138	141	143	146	147	149	149
	6	138	142	145	147	150	151	153	153
	7	142	147	150	152	155	156	158	158
	8	146	151	154	157	160	161	163	163
	9	150	155	159	162	165	166	167	168
	10	154	159	164	167	170	171	172	173
	11	159	164	169	173	175	177	177	178
6	0	165	170	175	179	180	183	182	183
	1	170	177	181	185	186	189	188	189
	2	176	184	188	192	194	196	194	194
	3	181	190	195	200	203	204	201	198

CHAPTER XII.

Structural Defects as Causes.

Strange as it may seem, the one subject of greatest importance to mankind—health—has received the least consideration of real *Reason*.

We ask *Why*, and *How*, and *What* about everything else except sickness.

About everything else we demand a *reason*, but with sickness and distress we seek only *relief*.

Relief, of course, is sufficient, and if mere *desire* for a thing were all that was required to secure it, all our hopes would be realized.

But *Desired Results* follow only when the *Right Means are employed*.

Sickness comes upon us, but there is always a *cause* for it. Recovery follows not from our desire to be well, but from the employment of *those means which lead to a removal of that cause*.

Manipulative Surgery is attracting attention throughout the land, because in that treatment of the sick superstition has been left entirely out of the account.

*Your Body Requires STRUCTURAL Attention as Well as
Attention in Every Other Way.*

Manipulative Surgery knows that the body is an *Electrical Machine*; that every part has a pure blood pipe running into it, and an impure blood pipe running out of it; that messages are flashing out from the brain over nerve threads which control completely the caliber of these blood pipes, as well as all other processes and parts of the body.

Manipulative Surgery knows that those same changes in the atmosphere which cause the mercury in the thermometer to contract and expand—climb up and down the glass tube—are also working on the muscles and ligaments of the body. And from these, and also from slips, falls, strains, lifts, jerks, jars, awkward positions, and a thousand other causes, the parts of this *human Electrical Machine* get out of their perfect relation, one to the other, and then the machine does not run right.

We say it is sick. It is, in fact, simply out of order.

Therefore, if you are sick, use your reason.

Do not put something into your stomach for a pain which is caused by a twisted ligament.

Do not apply a linament or plaster to your

You Are as Old as Your Spine. Each One of Your Spinal Joints Must Have its Normal Amount of Motion.

back for a vertebræ which has been drawn out of alignment.

Do not imagine that there is any subtle power in artificial electricity which is able to adjust a defective joint or muscle.

And again, do not imagine that your rheumatism, your constipation, your dyspepsia, your weakened lungs, your irregular heart, or your defective sight, or any other so-called disease or defect that you may have, is the result of some mystery. These all mean imperfect circulation of blood, brought about by a disturbed relation of certain parts, one to the other.

Congestion means an excess of blood in a part, and this can only follow the dilation of the artery which takes the pure blood into that part or the constriction of the vein which takes the impure blood out of it.

All congested conditions are cured, not by drugs, but by removing the *pressure* from the *vasomotor nerves* which control the caliber of the blood pipes running into and out of the parts.

Remember that germs can find a lodgment

*The Prevention of Disease is Now a Matter of Learning
and Avoiding Causes.*

only in tissue which is weakened by excess or deficiency of blood.

If germs caused disease, every child exposed would take diphtheria, and every person who drinks water containing typhoid germs would contract typhoid fever.

But this is not the case. Only a small percentage of those exposed contract a disease, and these are always those whose physical condition is imperfect.

Appearance is often deceptive. A man who is seemingly in perfect health, drops dead in the street.

It is a mistake to say that "Mrs. A. is complaining all the time, but there is nothing really the matter with her. It is in her mind. She only thinks she is sick. It is imagination, etc."

We hear these expressions every day, *but they are not true.*

If Mrs. A. complains, there is something wrong with her.

Some part in her complicated electrical mechanism is out of adjustment.

Some rib, vertebra, muscle, ligament, or other part, has had its relation to its neighbor

Your NERVES Must be Free, from Their Origin in Your Brain to Their Ending in all Parts of Your Body.

disturbed. The stomach or liver has fallen from its true position. The bowels have fallen perhaps two inches—have crowded themselves to one side or down into the pelvis. The womb is an inch lower than it should be, pressing on the rectum or the bladder, or both.

And now, in some one, or perhaps all, of these conditions, a “*strain*,” or a “*pressure*,” or a “*pinch*,” is brought to bear on one or more nerve threads, and they try to give the alarm—they call for help.

Mrs. A. complains, but because she looks well receives no sympathy. Even those nearest to her tell her to “forget it.” “It’s in your mind,” etc.

Finally, she goes to the doctor. He looks at her tongue, prescribes some drug, and tells her to “sing and be cheerful.”

She takes the drug. She smothers her feelings and tries to be cheerful—even tries to sing—but, alas! the nervous, heavy, unnatural feeling still clings to her; and so, through months and even years, she suffers and endures, without help and without sympathy. Finally, a day of extra exertion, a night of

*Your Body Requires STRUCTURAL Attention as Well as
Attention in Every Other Way.*

agony—the weakened link snaps, and at last she is free from pain.

Some deranged structure or organ made her life miserable, and finally caused her death. But because her friends *could not see this internal defect*, they said, “Her trouble is all imaginary.”

Your nervous system was made by God, and made for a purpose. It is involuntary in its action. It is not under the control of the will. *It never lies, and it is never mistaken.*

A part slips or is drawn a hundredth part of an inch from its true position, and from the nerves which control that part, messages are at once sent to the brain, notifying the mind that “something is wrong.”

That part remains *out of place* and the nerves continue to send the same message. “Something is wrong!” “Something is wrong,” is cried into the mind continually for months and years, and yet if one dares to speak of it while he is able to sit up he is told that his trouble “is in his mind.”

The womb may, and often does, fall *four inches*. With all the ligaments and nerves and blood-vessels attached to it and surrounding

You Are as Old as Your Spine. Each One of Your Spinal Joints Must Have its Normal Amount of Motion.

it, stretched and twisted, would not the nerves which run into the brain from that organ carry the message,

“SOMETHING IS WRONG!”

The intestines may, and often do, as a whole, fall *six inches* and crowd down into the pelvis. Would not “Something is wrong” be the message sent to the brain from them in that condition?

The kidney may, and often does, get *four inches* from its true position, when it is called a “floating kidney.”

The stomach may turn on itself and fall *several inches*. The liver may fall *an inch* or more.

Ribs may be drawn up or down a full *half inch*, and often are, from where they should be.

A single vertebra may be a full fourth of an inch from its perfect position.

Dislocated hip and shoulder bones may be *two inches or more* from their true position.

The heart, liver, kidneys, spleen and certain glands may be *greatly enlarged, disturbing surrounding nerves and blood pipes.*

*The Prevention of Disease is Now a Matter of Learning
and Avoiding Causes.*

So it goes throughout the body. The parts and organs which enter into its composition may be drawn or thrown out of their true position from the *slightest fraction of an inch in the spine to six inches or more in the intestines.*

These statements can all be proved and demonstrated any day in the week in the office of any first class Manipulative Surgeon.

And yet it is hard for people to realize that their bodies can be in the condition we here describe unless they have been in a *runaway, a street car collision, a railroad wreck, or sustained in some way a violent injury.*

Runaways, wrecks and collisions do often disturb the order of the body, but the percentage of those whose structures and organs become deranged from such violent accidents as these is indeed small when compared with those whose derangements are due to other causes.

Perhaps *not one in ten thousand* who are to-day suffering as the result of some structural defect, has ever been in a wreck or collision, or sustained in any way a violent injury.

The business man says: "My work is all

Your NERVES Must be Free, from Their Origin in Your Brain to Their Ending in all Parts of Your Body.

mental. I have never been *injured*. I have no bones out of place."

The business woman says: "I have never been in a *wreck* of any kind. There is nothing *structurally* wrong with me."

The neurasthenic says: "I am sure there is nothing of that kind the matter with me; because I have never *strained either mind or body*."

These people think that the body must always be *perfect structurally* unless it has had some violent *injury, accident or strain*.

They forget those silent forces which are ceaselessly at work on the body. They forget the constant changes in the atmosphere and the effect of these upon the tissues of the body.

They forget the terrible effects of *constant positions*, either sitting or standing.

A person sits at a desk, his head forward, his arms forward, the chest cramped, the abdomen compressed. *The entire spine is in a strained position.*

The deep structures of the neck become tense and hard in their effort to hold the head forward. The deep structures all along the spine share in the tension.

*Your Body Requires STRUCTURAL Attention as Well as
Attention in Every Other Way.*

These positions are assumed day after day, for weeks and months and years. Certain muscles and ligaments become drawn, hard and tense from use. Others are scarcely used at all and are soft and weak. The result is, certain *spinal joints* become *cramped and tight*, and certain *vertebræ* are *drawn out of their true position*—sometimes *an eighth of an inch*, sometimes *an inch*, or in *humps and curves* as much as *two inches* or more.

Yet this process comes about so gradually that it is not realized at all.

A man at forty may be so round-shouldered and humped over that his friends all speak to him of it. A dozen *vertebræ* may be pulled out of *their true alignment*, but he cannot believe his spine or neck is wrong because he has never been *injured*.

A *cramped* or *irregular spinal joint* means a "*pinched nerve*," and this means a *disturbance of the caliber of those internal blood-vessels* which that nerve controls.

The membranes which hold in place the *intestines, liver, stomach, womb*, etc., become weak as soon as the blood supply to them becomes disturbed. By *their own weight* these

You Are as Old as Your Spine. Each One of Your Spinal Joints Must Have its Normal Amount of Motion.

organs *fall downward* and become displaced in various ways.

Injuries play a very *small part* in deranging the structures of the body when compared with these forces which we have mentioned—forces which work slowly, silently, but constantly.

These forces in this silent way draw muscles, and bones, and ligaments, out of their true position. The stomach, liver, kidneys, intestines droop because of the weakness of the membrane which holds them in position.

Therefore, when you are sick, use your reason.

Whatever is wrong, there is a *cause* for it. Seek to have that *cause* found and removed.

Do not put drugs and poisons into your system. The *human Electrical Machine* simply needs going over and having its parts put in order. When perfect order is re-established, perfect health will follow. No truth is more firmly established than this.

Use your reason about regaining your health the same as you do about other things, and you will be successful.

To *cure* means to REMOVE THE CAUSE.

To *prevent* means to AVOID THE CAUSE.

CHAPTER XIII.

To Correct Structural Defects is to Prevent Individual Diseases.

Many INDIVIDUAL DISEASES can now be foretold from certain conditions of the body, which are revealed by a close physical examination. To remove or change these physical conditions is to remove the cause and thereby prevent the effect. These facts are being demonstrated each day. Engineers prevent accidents, breakdowns, explosions, etc., by a regular examination of their engine. Dentists prevent large cavities by a regular examination of the teeth. It has now been found that the body is equally susceptible to beneficial results from regular, minute examinations.

Consumption in its last stages will never be a *curable* disease, because the lungs have been eaten away—they have been consumed. It is, however, already a *preventable* disease. And prevention will wipe it out within the next fifty years, the same as it has wiped out cholera in the past.

*The Prevention of Disease is Now a Matter of Learning
and Avoiding Causes.*

Pneumonia in its last stages will never be a *curable* disease, but it is already *preventable*.

Children's diseases, diseases of the kidney, liver and heart, and many other diseases in their last stages are now, and will always remain, incurable but they are already in a large measure preventable.

Prevention is going to do for the individual what it has done for the community. But the individual must do for himself what the community has done for itself, that is *learn what to do, and then do it*. There will be little delay on the part of the individual, both *to learn* and *to do* when all the possibilities of health and long life stand out as sure rewards for learning and doing.

It is naturally the work of physicians and scientists who make these matters their special study, to instruct the people *what to do*, in order to prevent individual, as well as epidemic diseases and it is then the duty of the people to *carry out* these instructions.

Leaving the question of public measures out of consideration, the following general rules may be given to the individual for the prevention of *individual diseases*.

Your NERVES Must be Free, from Their Origin in Your Brain to Their Ending in all Parts of Your Body.

I. Maintain a Perfect Spine. There is a certain amount of normal motion at each one of the spinal joints and this *normal motion* must always be maintained. The brain generates and stores the electricity which runs the body. The spinal joints, however, are the switches through which the soft wires pass on their way from the brain where electricity is generated to the various parts of the body where that electricity is used. The tightening or turning of any of these spinal joints means the closing of a switch—which means a pinching of the soft wires passing between those bones a blocking of the electric current from the brain and a consequent weakening of the parts to which those nerves go.

There are those who make the examination and treatment of the spine a special and constant study, and these *spine specialists* must be consulted occasionally by those who would keep well. This is one of the greatest secrets in disease prevention, because disease can be read in the spine months or even years in advance of its appearance. If the specialist finds a tightened or imperfect joint he knows that the organ or part controlled from that

*Your Body Requires STRUCTURAL Attention as Well as
Attention in Every Other Way.*

joint is weak, and therefore disease is only a question of time. His statement that a disease is going to attack this or that organ is not a guess, nor a mere prediction, but the reading of a fact from a condition which exists.

The spinal joints must not only be kept open and free, but the vertebræ must be true to each other laterally, anteriorly and posteriorly as well, and all attachments in perfect position.

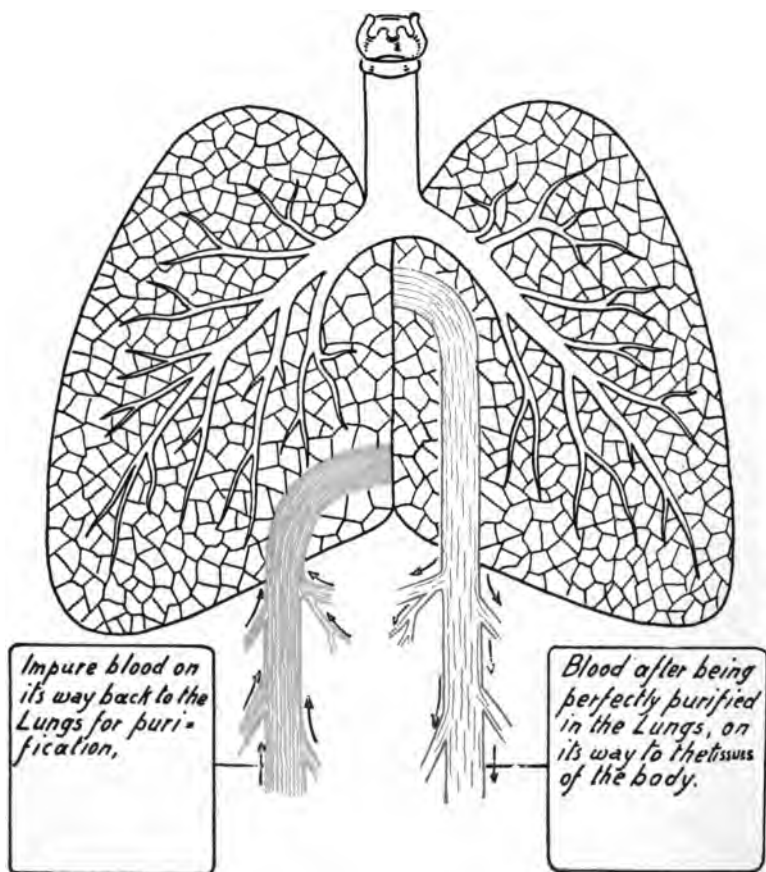
You ask what is it that disturbs the condition of the spinal joints. Every step you take, every time you stoop or bend or turn, the spine has a part to perform. Sitting, standing or even lying in bed strains certain spinal joints more than others. Strains, lifts, jars, colds and many other causes are all constantly acting on the spine, disturbing its perfection at certain joints more than at others.

II. Eat Slowly. The first and most important hygienic measure which the individual can apply to himself is to "eat slowly."

The greatest offense against health to-day is the almost universal practice of *over-eating*,

LUNGS IN HEALTH—LONG LIFE INDICATED

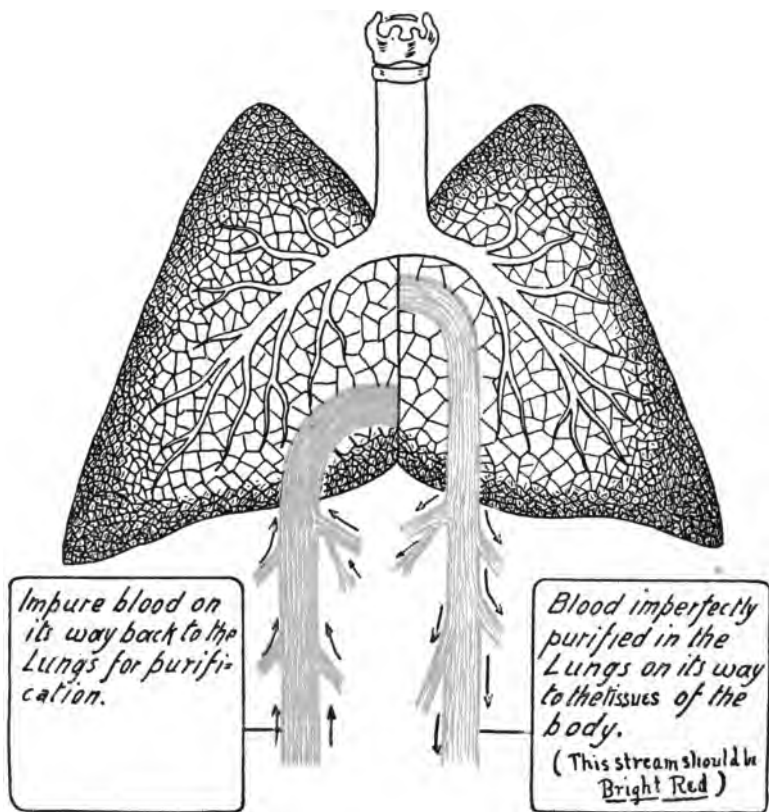
(Slow, full breathing; every cell in use.)



God created the lungs and placed them in the human body for the purpose of purifying the blood. They are composed of about seven hundred millions of air cells, and it requires the combined action of all of these to purify the blood perfectly. The blood, laden with impurities, pours into these purifying reservoirs, a dark, muddy blue in color, but it leaves them, in health, a bright red. If only a part of the lung cells is used the blood will be imperfectly

LUNGS IN DISEASE—SHORT LIFE INDICATED

(Rapid, shallow breathing; only a part of the cells in use.)



purified, and the unused cells will become weak, falling an easy prey to the many diseases which attack the lungs, and which, in the average carries off one out of every four human beings. The spine being free, our lung cells will be exactly what we make them. Practice deep, full breathing. It becomes a habit in a short time.

Drug blood-purifiers are wholly erroneous.

Pure blood requires a free spine, the use of all lung cells, and pure air.

You Are as Old as Your Spine. Each One of Your Spinal Joints Must Have its Normal Amount of Motion.

and taking into the body that which it cannot use.

The real object of eating is to supply the body with tissue-building material, and in amount only sufficient for renewal, or to build up what has been torn down.

Viewed from this standpoint we all eat far too much. The real waste in the tissues is not great even in the hardest kind of labor, and when a mass of food is taken into the body only a small part of it is really used. The remainder is *excess* and must be thrown out by overworking the kidneys, the bowels and other excretory organs. Besides, the excess rapidly decomposes and becomes poisonous to the system.

Another common and disastrous practice, and one which annually sends thousands to premature graves, is that of *taking into the body that which the body cannot use*. Under this head come all drugs, alcoholic liquors, and everything which cannot be converted into tissue.

Everyone can understand why an engine will not work with too much coal, and also

*The Prevention of Disease is Now a Matter of Learning
and Avoiding Causes.*

why stones should not be shoveled into the fire-box.

They must also understand that the body cannot work with too much food, and that whatever cannot be used by it must not be taken into it.

There is not an atom of tissue building material in drugs, whiskey, nor alcoholic liquors, and when these things are taken into the body it is exactly like shoveling stones into the fire-box of an engine—they cannot be used and must be thrown out. But unlike stones in a fire-box, when applied to living tissue, drugs, whiskey and alcoholic liquors are active for harm. They inflame. They make the inside of the kidneys, the liver, the lungs and the heart look like a “bloodshot” eye. They seriously and injuriously affect the delicate membranes which line the inside of all four of these important organs. As a result these organs become first weak and then diseased. A man who drinks, in time finds his kidneys out of order, his liver inactive, his heart weak. He indulges his appetite, but finally pays for it with his life.

With reference to eating, therefore, let

Your NERVES Must be Free, from Their Origin in Your Brain to Their Ending in all Parts of Your Body.

nothing pass your lips which cannot be converted into tissue—nothing that is not in every way a pure food.

Again take only enough to supply waste tissue. Avoid having a great excess to be thrown off. Reduce the amount of food you have been taking by one-half, for one day, and observe how light and well you will feel.

Eat slowly. When you eat slowly and masticate thoroughly the absorbents take up the food particles as they enter the body, and the work of supplying the tissues begins at once. When the tissues have been supplied you will not care to eat any more. There will be no excess to be thrown off at the expense of vitality.

If one eats hurriedly he stops only when the stomach is so distended that it will hold no more. He eats to fill the stomach, instead of eating to supply the body with material to rebuild those tissues which have been torn down by exertion.

Eat slowly. Diminish your food by one-half. Take nothing into your body which cannot be converted into tissue.

Avoid sitting at the table and prolonging your meals. Never prolong the process of eat-

*Your Body Requires STRUCTURAL Attention as Well as
Attention in Every Other Way.*

ing beyond forty-five minutes. Thirty minutes is still better. Eat slowly, but steadily.

The fewer number of articles at a meal the better. It is recorded that a lady who died not long since at the age of one hundred and seven years, lived the last forty years of her life almost exclusively on potatoes.

III. Breathe Ten Times per Minute. That improper breathing is the direct cause if impure blood, general weakness and consequent disease, is a well-known fact.

The lungs have but one purpose, and that is to purify the blood. For this work they are composed of about 700,000,000 air cells. It requires the combined action of all these cells to purify the blood perfectly. Therefore when only a part of the lung cells are used the work of purifying the blood is imperfectly accomplished. Healthy tissue cannot be built up out of impure blood, and as a result general weakness follows.

There are some who breathe thirty times per minute. They do not use half of their lung cells and are thin, weak, pale and anemic. Others breathe from fifteen to twenty times

You Are as Old as Your Spine. Each One of Your Spinal Joints Must Have its Normal Amount of Motion.

per minute, using most of their lung cells, and they enjoy a fair degree of strength. Still others breathe from ten to fifteen times per minute. These are the people who use every lung cell at every breath. Their blood is perfectly purified, and they have extra power of endurance.

Breathing can be wonderfully changed and improved by practice. One who breathes thirty times a minute can reduce this number to ten by careful practice.

Practice slow breathing. Sleep with your windows open. Get out in the air and the sunshine. Don't be afraid of the cold in winter nor the sun in summer. It is the people who remain continually shut up in tight rooms, who breathe thirty times a minute. These people are always cold and they die of consumption by thousands every year.

Correct breathing in its last analysis resolves itself into the question of getting air into the lungs. There is no difficulty in getting it out.

As you sit, as you stand, as you walk, all the time, pull air into your lungs until they are completely filled.

*The Prevention of Disease is Now a Matter of Learning
and Avoiding Causes.*

Pull in the air. Take your watch and practice breathing ten times per minute. You will soon form a habit of filling the lungs at every breath—the greatest health habit you can form.

Always breathe through your nostrils.

Pull in the air! Pull it in! Form the habit of full breathing.

IV. Drink Six Glasses of Water Each Day. The intestines, as well as the entire system, demand a constant supply of pure water. As a people we eat too much and drink too little. Reduce the amount of food and increase the amount of water.

Taking a cup of hot water the first thing in the morning is an excellent habit to form.

Drink at least six glasses of water each day.

V. Sleep at Least Nine Hours Out of the Twenty-four. It is remarkable how closely health and long life are linked with nine hours of sound sleep. It is now known that sleep lost is not as readily made up as is commonly supposed. It takes the system weeks to fully

Your NERVES Must be Free, from Their Origin in Your Brain to Their Ending in all Parts of Your Body.

recover from a few nights of lost or broken sleep.

Regularity of habits and nine hours' sleep out of the twenty-four are of the utmost importance in keeping well.

VI. Exercise by Walking. The question of exercise is constantly receiving more and more attention.

It is not necessary to have great muscles in order to keep well and live long, but a certain amount of physical exercise is necessary for every one. Great athletes never reach real old age. The same is true of brain workers who neglect entirely the physical being. Between these two extremes, however, there is a golden mean which should be sought and practiced by both men and women—by the old as well as the young.

Walking in the open air and sunshine over an uneven surface is the best exercise that can be taken, as it brings into action every muscle and ligament of the body.

VII. Laugh. Laughter is not a whim. It has a physiological effect on the body for good

*Your Body Requires STRUCTURAL Attention as Well as
Attention in Every Other Way.*

and does much to keep us well. Worry, fear, anxiety, pessimism, moroseness, all lower vitality. Laughter, optimism, cheerfulness, build up vitality. *Laugh and be cheerful.* Both of these contribute to health and long life.

VIII. Think Health, Success and Long Life.
“As a man thinketh in his heart so is he.” Our thoughts affect our happiness, our health, our success, our life. In general terms we get what we think. Like produces like. Every one is seeking the same object, and that is the attainment of happiness. In order to obtain happiness we must give happiness. To be happy ourselves we must make others happy because **WE REAP WHAT WE SOW.**

IX. Take no Drugs into Your Body. There is not a particle of tissue-building material in any drug. The system cannot use drugs to build nerves, muscles, bones, teeth, eye-balls, hair, nor any other of its parts. It cannot make blood nor any of the fluids of the body out of them. Taken into the system they are

You Are as Old as Your Spine. Each One of Your Spinal Joints Must Have its Normal Amount of Motion.

waste material and must be thrown out again. Not only are they waste but they corrode, inflame and injure the delicate linings of the kidneys and other internal organs.

The tissues of the body are all made from the fluids of the body, and these fluids are all made within the body from food.

Remember that the machinery of the human body was designed and made by the Infinite, and that nothing was forgotten, overlooked or left out in the making. When the inside of the body is examined it is found to contain a number of glands, each of which is a manufacturing establishment which makes and turns out a fluid essential to certain other tissues.

The thyroid gland in the neck, for instance, manufactures a fluid which is used to build up the bones. The spleen manufactures blood corpuscles. The liver manufactures gall. So it is with all the other glands. They all manufacture their own fluid out of simple food.

You trust your body to manufacture its own skin, its own nerves, its own bones. Can you not trust it to make its own drugs? It has the machinery on board to manufacture

*The Prevention of Disease is Now a Matter of Learning
and Avoiding Causes.*

everything it requires out of the simplest articles of food.

Have faith in your own body.

X. Conserve Your Vitality. Vitality is a bank account which is bequeathed to us by our parents. We add something to it and subtract something from it each day. How long it shall last depends not upon its size, but upon how it is conserved.

Excessive labor, overeating, loss of sleep, taking liquors, drugs and other foreign substances into the body, which the body cannot use, every form of dissipation, all draw on and lower the vitality. They weaken the body and make it an easy prey for pneumonia and every passing disease.

XI. Develop Your Will Power. To those who would keep well and live long, there is much which could be said, but perhaps there is no one thing of such great importance as the statement *Develop Your Will Power*. We do not do as well as we know. Our will power is very strong in one direction, but very weak in another. We are strong in all mat-

Your NERVES Must be Free, from Their Origin in Your Brain to Their Ending in all Parts of Your Body.

ters of labor. We can hold ourselves resolutely to our task, but we are weak when it comes to appetite, passion and desire.

The great difference in men is not nearly so much a difference in ability, as it is a difference in *will power*. A man who controls himself at all times is the exception. *Develop your will power. Try to be strong enough mentally to do what you know you ought to do.*

XII. Study the Human Body. In matters of health, as in everything else, "*Knowledge is riches.*" Increased knowledge has already added four years to the average life in the past few years, and it is going to solve still further the great questions of health until long life is the rule and not the exception. We are all in the business of living, and we must study that business. It is too important a matter to trust wholly to some one else.

We, ourselves, must know something about the body. We must study our body at least as closely as we study our automobile. We must know something about how to run the human machine: what to put into it and what not to put into it. We must take up the ques-

*Your Body Requires STRUCTURAL Attention as Well as
Attention in Every Other Way.*

tion of "How to keep well" and study it. We cannot afford to follow the old method of stumbling along in the dark with weakened or diseased organs or parts until we are down and helpless, and then try to find a cure. Where one reached old age in the past by mere accident, one thousand will reach it in the future by *learning how to live, and by studying the great question of prevention.*

Read all you can about the body. You cannot know too much about the subject of living and keeping well. "*Knowledge of the body is riches in health.*"

XIII. Never Give Up Business. Always have some business to attend to and something of importance to accomplish. Idleness invites weakness and weakness always invites disease.

When the age of fifty is reached take up the important question of *moderation*, if you have not taken it up before. At fifty the fires of life begin burning a little more slowly. As to how much longer they will burn after you have reached that age depends in a large measure on how you handle the fire. If you

You Are as Old as Your Spine. Each One of Your Spinal Joints Must Have its Normal Amount of Motion.

husband your vitality—your fuel—it may burn for fifty years more or even longer. But the more you crowd the fire the sooner your fuel will be exhausted.

There will be business after you have passed on. When you reach fifty take a little more time with your friends and a little less time with your business. Have your spine, as well as your teeth, looked after a little more often. Try to prevent your spine from becoming stiff. See to it that there are no tight spinal joints to undermine the strength of the heart, lungs, liver, kidneys or other vital organs.

Statistics show that there are eight widows to every two widowers. Business men wrong their families and the nation, as well as themselves, by overwork. They die by thousands annually, twenty or even thirty years before their time.

After a man reaches fifty he must run moderately or run briefly, and he must choose which of these two he prefers.

Always remain in business. This is important. But after you reach fifty, if not before, begin the practice of moderation. Don't wait for the breakdown. Begin in time. Be moderate. Be moderate.

XIV. Be Examined Physically by a Skilled Anatomist. While the body is perfect, like an automobile it requires not only care in running, but mechanical care as well.

From time to time the body should be thoroughly and carefully examined from the mechanical standpoint. Each of the twenty-four spinal joints should be examined. If one or more of them be found tight or imperfect it should be spread apart or corrected at once. Should such a condition occur at the lung center, to correct it would mean, perhaps, to prevent pneumonia. Should such a condition occur elsewhere, to correct it would mean to prevent some disease of the bowels, the liver, the kidneys or other internal organs.

It often happens that the ribs become turned, slipped or drawn too close together. The tissues about the spine and chest may become hard and unyielding. The structures of the body become wrong in many ways, and hence a minute physical examination from time to time is absolutely essential, in order to prevent disease, because the body must be *STRUCTURALLY PERFECT* or it cannot continue to be well. They are the little

Your NERVES Must be Free, from Their Origin in Your Brain to Their Ending in all Parts of Your Body.

wrongs in a timepiece which prevent it from keeping perfect time. They are the little wrongs in the body which prevent it from keeping well and strong. The tightening of one spinal joint is sufficient to invite disease and a breakdown.

XV. Be a Follower of Christ. From the standpoint of preventing disease there is no single measure which compares with Christianity. Christianity pays right here in this world in everyday life, regardless of the life to come. Pure thoughts, pure motives, pure actions, hoping always for the best and doing what you can for others, give strength of mind and strength of body and the power to resist disease. Dissipation invites disease. Christianity prevents it. Be a Christian if only for the preservation of your health.

XVI. Begin in Time. This last statement is by no means the least. In fact in the order of importance it stands first. Begin *in time* to care for your health if you would continue well. Your most important work, whatever it is, is not as important as your health.

*Your Body Requires STRUCTURAL Attention as Well as
Attention in Every Other Way.*

The time to give yourself attention is when you are well—while you are able to be up and around—while you have strength and vitality—while you have power to resist and to overcome. The old custom of waiting for a breakdown, of waiting for a wreck is beginning now to pass away and the new custom of giving the body *attention in time* is taking its place. Begin in time and you can prevent a stroke of apoplexy. Begin in time and you can prevent heart disease. Begin in time and you can prevent diseases of the lungs, the liver, the kidneys—in fact practically all diseases. The whole secret is contained in the expression “BEGIN IN TIME.” Learn the *cause* of disease and avoid them *in time*. Keep your vitality up to one hundred per cent. of what it ought to be. Isn't your body worth several times as much as your automobile? You employ a man constantly to look after your motor car and keep it in perfect condition. Do the same with your body. Don't wait until you are sick. Do not be content if you are about well, or almost well, or have only a slight affection of some kind. Prepare for the future *now*. Take yourself in hand *to-day*

*You Are as Old as Your Spine. Each One of Your Spinal
Joints Must Have its Normal Amount of Motion.*

and bring your health up to one hundred per cent. of what it ought to be and then keep it there. **YOU CAN DO IT IF YOU BEGIN IN TIME.**

CHAPTER XIV.

A New Custom Just Beginning.

The custom of preventing rheumatism, catarrh, diseases of the kidneys, the liver, the heart, the lungs and all the long list of *individual diseases*, is just beginning. The conquest is going to be the most glorious, as well as the most valuable ever achieved by man.

One hundred years from now posterity will read the records of our lives with amazement. They will read of thousands of deaths occurring among us from *individual diseases*. Similar diseases they will prevent and they will really know them only from history.

"Prevention" is the greatest word in the medical world to-day. To *cure* disease is a great work, but to *prevent* it is a work infinitely greater.

The body in perfect condition is germ proof. Germs attack only weakened tissue. One thousand soldiers drink water containing typhoid germs, and twenty-five take the disease. The germs are the exciting cause, but a weakened condition of the intestines is necessary

*The Prevention of Disease is Now a Matter of Learning
and Avoiding Causes.*

for them to find a lodgement and set up the disease. The same thing is true of pneumonia and other so-called germ diseases.

Hence the great necessity of keeping the body at all times in prime condition. Such a condition means that it will be both germ proof and disease proof. A brief summary is:

1. *Conserve the electric power which your brain generates. Do not overwork or over-tax yourself in any way.*

2. *See that your nerves are free from their origin in your brain, where electricity is generated, to their ending in the various organs and parts of your body where that electricity is used.*

3. *See that your spine has perfect motion at every joint and that you are structurally perfect in every other way.*

4. *Breathe slowly and fully. Breathe through your nostrils always, and see how much air you can pull into your lungs. Use every lung cell at every breath.*

Your NERVES Must be Free, from Their Origin in Your Brain to Their Ending in all Parts of Your Body.

If these simple rules, as well as all others herewith given, are followed, *individual diseases* will become less and less numerous each year and *prevention* more and more of a reality.

It is admitted by investigators generally that the body should run, be well, be healthy, and be useful for one hundred years.

This seems a dream, but the percentage of those who reach the hundred-year mark is becoming greater and greater each year. And the more each individual studies the question of *Keeping Well for himself*, and *puts into practice what he learns*, the greater will be the percentage of centenarians.

CHAPTER XV.

Mental Causes.

While the preceding pages have been taken up with *physical causes* it must be remembered that there are also *mental causes* of disease which must be considered.

Your thoughts are of vast importance. A large percentage of all diseases are due directly or indirectly to *thoughts*.

You *think*. Then you *act*. An *effect* then follows your act and this effect is good or bad.

Thoughts are always first.

Acts are always second.

Effects are always third.

Thoughts can produce disease just as readily as germs, or pinched nerves.

To illustrate: A man *thinks* he must have certain articles to drink. He *acts* by taking them. He gets congestion of the membrane which lines the kidneys as an *effect*.

In time the congestion reaches a state of inflammation, and then the kidney tissue begins to break down and waste away.

*Your Body Requires STRUCTURAL Attention as Well as
Attention in Every Other Way.*

This is kidney disease produced from *thoughts*.

If this man be fully convinced that he does not need these articles he *thinks differently*. He then *acts differently* by not taking them and, if the case has not progressed too far, nature repairs the kidneys and restores them to perfect health again.

This illustration applies not to one or two but to a long list of diseases—diseases which are just as real and just as fatal to life as those produced by *physical causes*.

Wrong thinking produces *wrong acting* and *wrong acting*, produces disease in a multitude of ways.

In order therefore to understand what *right thinking* is we must turn to Christianity—that high source from which all the truly civilized nations of the earth draw their inspiration.

While Christianity has civilized, enlightened and lifted up this world by teaching *right thinking*, its wonderful power to prevent disease is just beginning to be realized.

That it is the greatest power in the world for the prevention of disease, no doctor, who

You Are as Old as Your Spine. Each One of Your Spinal Joints Must Have its Normal Amount of Motion.

has had practice and experience enough to know, doubts.

No one but a doctor can realize what an amazingly large percentage of diseases results from immorality, dissipation and weak will power, from ignorance, from unclean thinking and unclean living—in a word from living lives which the Bible condemns on every page.

Perhaps fifty per cent. of all diseases is due directly or indirectly to these causes.

This is an appallingly large percentage to attribute to unchristian living, yet I believe this to be underestimated rather than overstated.

Can Christianity prevent fifty per cent. of the sickness and disease which now prevails?

I believe it can.

But Christianity, like any other power, in order to accomplish any given result must be directed to that end.

Electricity is a great power. Applied in one way it produces heat, applied in another way it produces light, in another way it moves machinery, in another way it transmits messages, etc.

It is so with Christianity.

*The Prevention of Disease is Now a Matter of Learning
and Avoiding Causes.*

Christianity is a great power. Applied in one way it is a power to civilize, enlighten and lift up. Applied in another way it purifies the heart. Applied in another way it prevents disease.

Preventing disease, therefore, is only one of many things which Christianity has the power of accomplishing. The only thing essential to this work is that it shall be applied in the right way, and understood by people in general.

There will be a great awakening throughout the world when people come to realize fully that Christianity prevents disease and adds years to human life.

It pays to become a Christian right here in this world without any reference to a future life.

Does it pay to be well? Does it pay to have a strong body and a clear mind? Does it pay to live out your days?

If all of these things pay, then it pays to become a Christian—not a Christian in name or pretension, but a Christian in fact.

Christians are far more healthy and live far longer than non-Christians.

Your NERVES Must be Free, from Their Origin in Your Brain to Their Ending in all Parts of Your Body.

One thousand children born and reared in the slums amidst vice and sin are not nearly as healthy and do not live anything like so long on an average, as one thousand children born and reared in Christian homes.

This is a real test of the power of Christianity to prevent disease and prolong life and its truth is beyond question.

The Church seeks to teach man *right thinking*, and strengthen his *will power*. It seeks to let him know what is right and then give him power to do, and when these are applied directly to the question of health, as they can be, the most magnificent results are bound to follow.

“LET ME BE WELL WHILE I LIVE.” This is the wish of every one who breathes and of all the aids in the accomplishment of this desire there is nothing which can be compared with Christianity—with a clean life, free from every form of dissipation.

When we speak of Christianity we speak not of creeds, nor of those churches which claim special power in healing the sick, we speak of those great truths concerning *right thinking* which are advocated by your pastor

*Your Body Requires STRUCTURAL Attention as Well as
Attention in Every Other Way.*

and mine, which are taught in every Christian church throughout the world.

One church has just as much power to heal the sick and prevent disease as another. Results along these lines in any church depend upon the stress which that church lays upon this phase of Christian work. The vast importance of health, however, and the great power there is in Christianity to give and maintain it, is causing a general awakening to these wonderful possibilities.

To change a man's *thoughts* is to change his *acts*. To change his *acts* is to cure those diseases which followed those acts.

Right thinking will prevent fifty per cent. of all diseases and greatly prolong life. This is a truth which every one should understand and apply.

The work of teaching it is beginning to receive that emphasis from leading men and women which its importance deserves and the most magnificent results are bound to follow.

Learn right thinking!

Change your thoughts; hold in your mind a high ideal and resolve upon reaching it. It will change your life.

General Remarks.

THE AMERICAN SOCIETY FOR THE PREVENTION OF DISEASE is a non-sectarian, philanthropic organization.

The work of the Society is educational. It seeks to gather and disseminate all knowledge **WHICH WILL PREVENT OR TEND TO PREVENT DISEASE.**

Your body as well as your automobile needs to be carefully gone over from time to time and kept in perfect **STRUCTURAL ORDER.**

You must keep your **NERVES** right. If all of your nerve threads are right (free from pressure and irritations of all kinds) they will keep your body right. Your nerves control all the other tissues of your body.

You Are as Old as Your Spine. Each One of Your Spinal Joints Must Have its Normal Amount of Motion.

It is just as far wrong to say "*all is mental*" as it is to say "*all is physical*." A human being is a combination of both the mental and the physical. "A strong mind in a strong body," keeping well and living 100 years is the ideal.

The world is just beginning to realize that there is power in Christianity to save the *health* as well as the *soul*. One church has just as much power to heal the sick and prevent disease as another. The more emphasis a church lays on this phase of its work the more it can accomplish. The saving of the health is but the stepping stone to the saving of the soul.

"Heal the sick." The Church has been doing this for nineteen hundred years. It has been lifting men up out of the gutter for all these centuries, building hospitals, etc. It is laying more emphasis on this phase of its work each year.

*The Prevention of Disease is Now a Matter of Learning
and Avoiding Causes.*

It is something to take part in a great movement of this kind. It will benefit you. It will benefit others. It will make each generation a little better than the preceding.

The prevention of disease is a matter of learning and avoiding causes.

The causes of diseases are divided into two great classes—*physical* and *mental*. To avoid *physical causes* you must keep your body perfect *structurally*. To avoid *mental causes* you must *think right*.

One who *thinks right* and keeps his body in perfect condition *structurally*, should keep well and live 100 years.

Some need *structural attention* once each year, some once each month, some once each week. It all depends upon the age, condition, etc. Old people need attention more often than children. Old people should not allow themselves to become stiff. Stiffness is the beginning of weakness, weakness is the forerunner of disease.

Your NERVES Must be Free, from Their Origin in Your Brain to Their Ending in all Parts of Your Body.

If all the nerve threads which run from your brain to your eyes are free and perfect your eyes cannot be wrong. This is true of all parts of your body. **SEE THAT YOUR NERVES ARE FREE FROM PRESSURE IF YOU WOULD PREVENT DISEASE.**

Science and religion, the physical and the mental, have joined hands in putting forth a new philosophy which includes both and the most far reaching and beneficial results are bound to follow.

The consideration of single cases prove nothing. But if the entire population be divided into two classes it will be found that success, wealth, power and health are pre-eminently on the side of the religious. Dissipation means the loss of everything desirable.

Public Health officials may protect you against impure water, impure food, etc., but they cannot protect you against *structural imperfections* or *wrong thinking*. This is work you must do for yourself.

*Your Body Requires STRUCTURAL Attention as Well as
Attention in Every Other Way.*

Christianity is the greatest power in the world for the prevention of disease. It teaches *right thinking*. Take care of your *thoughts*, and your *actions* will take care of themselves.

There is power in Christianity for the prevention of disease which is not found in mere morality.

Your mind may be strong and your thoughts perfect, but if there is **PRESSURE** on the nerve threads which run from your brain to your bowels, you will be constipated. The physical must be perfect as well as the mental.

The slipping of a rib or a vertebra may be ever so slight, and yet sufficient to cause much trouble.

Each one of the spinal joints has a certain amount of motion—normal motion. When a joint becomes tight or imperfect the motion becomes less—an adhesion is formed, stiffness follows and then disease. These conditions come about so gradually that they are not realized.

You Are as Old as Your Spine. Each One of Your Spinal Joints Must Have its Normal Amount of Motion.

No one whose kidneys were working perfectly and eliminating all the impurities from the blood, ever had RHEUMATISM.

It is impossible for you to have *HEAD-ACHE* if the caliber of the blood pipes to and from your brain is normal.

NERVOUSNESS can be cured and prevented.

It is said that Mr. Carnegie would give \$200,000,000 for ten more years of life. The way to get ten more years of life is to begin *in time* and give yourself both *physical* and *mental* attention.

The goal of members of this Society is TO KEEP WELL AND LIVE 100 YEARS.

“WHILE I LIVE LET ME BE WELL.” This is the earnest wish of every one who breathes. It is perhaps the only sentiment to which the whole world subscribes without reservation. To secure, or to help in securing this universal wish for every one, is the object of this Society.

COUNTWAY LIBRARY



HC 2JLJ 4

